

## Virginia School for the Deaf, Blind and Multi-Disabled at Hampton

### FIVE CYCLE MENU – CYCLE TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Waffles Bacon Yogurt Fruit Juice Milk	Sausage Links Scrambled Eggs Toast Cereal Juice Milk	Breakfast Sandwich Cereal Fruit Juice Milk	Sausage Patties Scrambled Eggs English Muffins Fruit Juice Milk	Scrambled Eggs Bacon Cereal Juice Fruit Milk
<b>Lunch</b>	Corn Dogs Salad French Fries Mixed Vegetables Pudding	Pepper Steak Salad Steamed Rice Green Beans	Lasagna Salad Garlic Bread Broccoli Cookies	Fried Fish Salad Rice Pilaf Spinach	Chicken Salad Salad Chips Veggie Combo Ice Cream
<b>Dinner</b>	Roast Beef Salad Lima Beans Baked Potatoes	Savory Baked Chicken Potato Salad Collards Spice Cake	Pork Roast Salad Baked Apples Beets	Cannonball Sub Salad French Fries Pineapple Chunks	No Dinner Have a Nice Weekend!
Note: Bread, Milk Fresh/canned Fruit will be served for all meals.					

(MENU IS SUBJECT TO CHANGE)

In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, or disability. If you believe you have been discriminated against, write immediately to:

U. S. Department of Agriculture  
Washington, DC 20250

Prepared by: John Tyson, Food Service Manager II